



Sgt. Brian E. McElaney

Cpl. Roger Gill, 2nd Provisional Security Company takes a quick water break while playing basketball. It's important to remain hydrated, especially in hotter temperatures.

# Surviving the Heat

SGT. BRIAN E. McELANEY  
THE HORN COURIER

With the heat index climbing over 140 degrees during summer months, service-members coming to the Horn of Africa face inevitable dangers if caught unaware. However, precautions can be taken to minimize the risk of heat related illnesses.

According to National Institute for Occupational Safety and Health, threats in hot climate areas range from temporary discomfort known as heat fatigue to a potential fatal heat stroke. While symptoms should be closely monitored when working or exercising in warm weather, much can be done to prepare yourself and avoid problems.

One of the most important precautions is to allow time to acclimatize, according to Petty Officer 3rd Class Rudy Vazquez, a corpsman with First Navy Expeditionary Medical Unit-10. It is a process which takes time and requires a gradual increase of activity while the body gets used to the change in climate... usually lasting 10-20 days.

During this time, it is important to ensure plenty of rest and avoid strenuous exercise or long periods of labor in red or black flag conditions. "You can't prevent all the problems so you need to slow down," Vazquez said, "but the main thing is just to stay hydrated."

EMU also recommends several precautions for all members of CJTF-HOA. First, members should maintain a "buddy system" when exercising or working in the heat so that help can be attained in the event someone experiences a heat related injury. Second, ensure that while hydrating, members refrain from drinking more than three bottles of water an hour or 24 quarts per day to prevent over hydration. Third, ensure plenty of rest when working. Finally, be sure to take in enough salt, which the body needs to stay hydrated, by eating at all three meals.

Current weather conditions and advisories can be found on the CJTF-HOA website at <http://www.cjtfhoa.centcom.mil>. If you experience any of the symptoms of heat stress, or would like more information, contact the EMU at 284-2348 or 824-2349.

## Warning Signs and Symptoms of Heat Stress and Illness

With any of the below signs and symptoms,  
IMMEDIATELY seek medical attention

### More common signs/symptoms

Dizziness  
Dry mouth  
Headache  
Nausea  
Unsteady walk  
Weakness  
Muscle cramps

### More serious signs/symptoms

High temperature  
Confusion  
Vomiting  
Convulsions  
Involuntary bowel movement  
Weak or rapid pulse  
Unresponsiveness, coma

## Comptroller's Corner

MASTER SGT. DANNETTE NALL  
CJTF-HOA COMPTROLLER

## I Bonds

I Bonds are a low-risk, liquid savings product. While you own them they earn interest and protect you from inflation.

You may purchase I Bonds via TreasuryDirect, at most local financial institutions or through payroll deduction. As a TreasuryDirect account holder, you can purchase, manage, and redeem I Bonds directly from your Web browser.

**Current Rate:** 3.67% through April 2005.

**Minimum purchase:** \$50 for a \$50 I Bond when purchasing paper bond certificates \$25 for a \$25 I bond when purchased electronically via TreasuryDirect.

**Maximum purchase:** \$30,000 in TreasuryDirect and \$30,000 in paper bonds

**Denominations:** Paper bonds: \$50, \$75, \$100, \$200, \$500, \$1,000, \$5,000, \$10,000.

**Electronic bonds via TreasuryDirect:** purchase to the penny for \$25 or more.

**Issue Method:** Paper bond certificates or electronic transfer to TreasuryDirect accounts.

## Rates & Terms

I Bonds earn a guaranteed real rate of return. They are an accrual-type security. Interest is added to the bond monthly and is paid when you cash the bond.

I Bonds are sold at face value; i.e., you pay \$50 for a \$50 bond.

### Redemption Information

**Minimum term of ownership:** 1 year

**Interest-earning period:** 30 years

**Early redemption penalties:**

Before 5 years, forfeit 3 most recent months' interest

After 5 years, no penalty

### Tax Considerations

Interest earnings are exempt from state and local income taxes, but are subject to state and local estate, inheritance, gift, and other excise taxes.

Interest earnings are subject to federal income tax.

Interest earnings may be excluded from federal income tax when used to finance education (see education tax exclusions)

This information derived from <http://www.Savingsbond.gov> web site.